

THE EUROPEAN  
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**The 'high' life**

THE lack of any scientific information on pleasure has led to Associates for Research in Substance Enjoyment (Arise) carrying out a "Naughty but Nice" European survey. More than 1,500 men and women were interviewed in five European countries. Early indications are that the French, Spanish, Italians, Germans and British prefer television to sex.

The most popular way to relax in Europe is taking a bath or shower, except in Germany, where reading does the trick. Seventy-five per cent of the interviewees said they enjoyed coffee, 70 per cent alcohol and 33 per cent smoking. Half the interviewees admitted to a passion for chocolate.

Professor David Warburton, one of the researchers, said: "We have information on stress but no satisfactory definition of pleasure. We felt there was a distinct gap."

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